

# THE HARRIER

## (MAY 2023 NEWSLETTER)



### Mike Lee is applauded home at the Exeter Cross Country in 2010

This Newsletter pays tribute to a stalwart of the club in **Mike Lee** who died recently shortly before his 80<sup>th</sup> birthday.

**Mike** was a real character and someone we will all fondly remember. His funeral is on **Friday, 19<sup>th</sup> May at 1200 at St. Mary's Church, Plympton**. **Mike's** daughter's **Becky** and **Jane** look forward to seeing as many of you who can make it. We of course send our condolences.

**Becky** bravely completed the **London Marathon** in memory of her dad. Well done to all our other finishers in the race and other marathons.

I have managed to take some photographs of the **Plymouth** races today. I hope all went well in the hot conditions and I got photos of most of you!

**Dave Fox - EDITOR**

**From the Chairman:**

Hello everyone,

I hope everyone is well and enjoying their training now the lighter evenings and slightly warmer but still wet weather is with us.

As I'm sure you will have seen the sad news that one of our longest serving members **Mike Lee** passed away last month. There are tributes elsewhere in Running Free from those who knew Mike better than I did but I would like to offer my condolences to Becky and her family as well of all of Mike's friends. Mike was a great character and was at every cross-country race I have ran at whilst being with the club. He was there in all weathers, offering encouragement and to have a chat after you'd finished.

The start of May saw the return of the summer handicap. As you may have seen Monica has stepped down from organising this monthly club event for many years - once again I'd like to thank her for her dedication. The summer handicap is a great way to push your yourself and hopefully see improvements over the summer as you get faster. It would be great if we could get lots of people taking part over the next few months.

We are well underway with arrangements for the Ivybridge 10k on Saturday 27th May 2023. Thank you to all those who have volunteered and good luck to those members who are running in the race. If we could have a last push at advertising the race and getting a few more entrants, it would be appreciated as we are looking a little low compared to previous years. We have also started making preliminary plans for the Erme Valley Relays to be held in late July, for which we will also need volunteers to help host this event too as well as people to run a leg in the race.

Chris has been busy with the organisation of our off-road race which we will be hosting again this year. The race will be held on Wednesday 9<sup>th</sup> August and will be approximately 10km long, taking in some high points of the moors overlooking Ivybridge. The race will again form part of the Dartmoor Fell series; (<https://swfellrunners.uk/>). Again, we will be looking for volunteers to help us put this race on.

We are planning to organise a club trip to the 'Mag 7' organised by Tamar Trotters. The race is being held on Sunday 2<sup>nd</sup> July and starts and finishes in Saltash - more details here <https://www.tamartrotters.co.uk/the-magnificent-7> (you'll note a familiar face on the homepage). It is part of the Cornish Grand Prix series so will likely have a lot of entries so if you're interested in coming along then please get your entry in. If sufficient interest we will look to organise a mini bus and perhaps arrange to go for a drink / food afterwards.

Similarly we would like to support the South Devon Relays which are being held on Friday 11<sup>th</sup> August at Torbay Velopark - each leg is 3k and very flat and suitable for everyone. Please keep an eye out for more details on this over the next few weeks.

I look forward to seeing you at club or a race soon.

Tom Davies - [davies.tp@gmail.com](mailto:davies.tp@gmail.com) and 07909 595965

## SECRETARY'S NOTES

### A busy time for all

It has been a busy time for us all with the Ivybridge 10K being held on Saturday May 27<sup>th</sup>. All is now coming together and entries are coming in steadily. We are probably going to be a bit down on numbers this year possibly due to the date change. We will be putting out a list of helpers and roles this week. We began the Handicap last week. Thanks to Tom for getting it off the ground and to Becci Pine who helped time the runners. We will need helpers at each one so please volunteer.

The junior presentation evening went well on Friday April 21<sup>st</sup> at the Hunting Lodge.

Well done to all those who received a trophy. It has of course also been a sad time since we heard of the passing of **Mike Lee**. His funeral will be held on **Friday** and we hope some of you will be able to go along to celebrate the life of a great club member.

### Training and Coaching

Senior sessions have continued to be well attended and the May routes are now on the website. We are trying to vary the routes with some speed work as well. We have the second '**Spirit of the Moor**' run this Tuesday. At least the lighter evenings are here and we can get out in the lanes.

We have had a few parents who have volunteered to help on a Thursday evening which we are very grateful for. Numbers continue to rise and we are now outside on the track for junior training.

We have had a couple of wet ones but overall, it is going well.

### Competition Update

The Track and Field season has continued with the Great West Open on 16<sup>th</sup> April, the Devon Open on 23<sup>rd</sup> April (both at Exeter) and the first SW League on 30<sup>th</sup> April. This Sunday is the Devon Champs where we have 14 juniors taking part. We are really trying to get all of our athletes to take part in at least one event over the next month. England Athletics have also

introduced a new recognition programme called PB awards.

We will hopefully be able to produce a spreadsheet showing a progression of the athletes Pb's as the season progresses.

### Road (and off Road) Running

We had some good performances in both the Manchester and London Marathons.

Well done to Dave Engledew who set a new V60 age group record in Manchester and to Simon Fitze who had an excellent London. Well done to Becky Lee who finished the London just a few days after her dad's sad passing. That took a lot of metal strength and determination. The Armada 5Km began a week later than planned due to the Storm Noa. It was won by Matt Gilvear and we have since had the second one and EVH have been in both. We have quite a few taking part in the Plymouth Half Marathon, 10K and 5K.

### Athletes of the Month

The athletes of the month for March was Anna Lake and Isabelle Drew. For April it was Elliot Barrett and Becky Lee.

### Forthcoming Events

**May 20th – Race the Tide – Holbeton**

- Muskies Madness
- Tavi 5K
- SAL

**May 21<sup>st</sup> – Devon Open - Plymouth**

**May 27<sup>th</sup> – Ivybridge 10K**

**May 28<sup>th</sup> – SW League – Exeter**

**June 3<sup>rd</sup> – Millfield Classic**

- Burrator 10K
- Dartmoor Discovery Ultra

**June 6<sup>th</sup> – Run Exe 5K**

**June 10<sup>th</sup> – Devon Schools Champs**

**June 14<sup>th</sup> – Armada 5K**

Finally. Our relays will be taking place on June 30<sup>th</sup>. We need someone to organise the teams and the usual team of helpers. Fell Race is on August 9<sup>th</sup>. Save the dates.

**Keith**

**07934373943)**

**[reedy41c@googlemail.com](mailto:reedy41c@googlemail.com)**



## TRIBUTE TO MIKE LEE

We were all saddened to hear of the death of Mike, who was a stalwart of the club and joined in the early days when there was an influx of runners from the dockyard.

Mike was a 'unique' and personable character who will be remembered by all who met him. Mike liked a laugh and if he was quiet then something was wrong! Mike had a period of time away from the club but when he returned in 2000 it was said that he hadn't altered a bit and was still as noisy as ever!

Mike served on the committee for a period and helped out as well as supporting club events, particularly cross country.



Mike was known for saying what he thought, without always thinking what he said and this led to some awkward and amusing moments! I recall a club trip to the Nottingham Marathon and Half when a new breed of dog called a 'rockafella' was created and in a pub Mike shouted that it was 'grab a granny night'!

Some other memorable moments were at the Dartmoor Marathon when someone said 'Is Mike Lee running again this year. I see you've swapped your stopwatch for a calendar!'.

On seeing a photo of Mike returning to his seat on a coach someone quipped 'I will savour the sight of him with no sound!'

On the running scene I have a record that Mike ran 41.54 in a 10K somewhere in 1988, ran a time of 70.32 in the Plymouth Hoe 10 in 1990, had a great run in the Nottingham Half Marathon in 1990 with a time of 1.32.38 and achieved a pb at the London Marathon of 1989 with a time of 3.44.23. The London Marathon time is

particularly memorable as in seconds of the BBC broadcast commencing Mike was the first person you saw in the crowd lining up for the start!!!

On the 10<sup>th</sup> May 2008 Mike set a new vet age record with a time of 54.55 at the Ivybridge 10K, just a few weeks after his 65<sup>th</sup> birthday and determined to create a new 70<sup>th</sup> vet age record in 2013 at the Plymouth Armada Half Marathon recorded a time of 3.02.07. Mike struggled on the day but said that he was determined to improve on his record in future races. Mike had run in the Plymouth Half Marathon on 28<sup>th</sup> April 2013 but as the race was one day before his 70<sup>th</sup> birthday, his time of 2.41.06 could not be counted as a record.

It was a great pity that Mike didn't make his 80<sup>th</sup> birthday on 29<sup>th</sup> April as a party was planned and it would have been a great occasion.

The club send their condolences to Mikes daughters Becky and Jane. We will always fondly remember him.

## EDITOR

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tended to dow-shop- ey passed own and shops them to



THIRTY-three runners from Erme Valley Harriers took part in a run from Exeter to Plymouth in aid of the BBC Children In Need Appeal at the week- end.

They ran a choice of distances and parts of the very hilly 46-mile

route which took in Chudleigh, Trago Mills, Ashburton, South Brent, Ivybridge and Plympton.

Seven women organ- ised their own relay so that two runners were on the road at any one time, resulting in each one running around 20 miles, and seven juniors ran about 10 to 15 miles in varying bursts.

Seventeen senior men all ran more than 30 miles each and six completed the whole



**SPARKWELL**

Major David R and his wife Be been honoured services to the p

They were tr a surprise presi evening last Fr commemorate years of work parish.

The Lord Lic of Devon the Morley is pictur handing an en crystal puncht Mrs Rutledge. Rutledge is p second right a David Crowle hosted the even the centre of b ture.

About 70 f ioners attend event, which in a This Is Your L for the couple.

They are best for instigatin building of the hall, which

**CH**

at the I

FORE S

To the folk of K Come to the Ki Our freezers ar So come one an

Christmas men To assist you in Book a time - b

**Avon Farmers Limited**



### Who's Who (completed in March 1991)

**NAME:** Mike Lee    **BORN:** Plympton – 29<sup>th</sup> April 1943  
**OCCUPATION:** Non Tech Progressman  
**P.B.'s** London Marathon (3.44.23) Nottingham Half (1.32.38)  
**ACHIEVEMENTS:** Winning the team event at Moorhaven  
**PROUNDEST MOMENT:** Running the London Marathon and getting a P.B.  
**WORST MOMENT:** Watching myself on video and losing the summer handicap  
**MAJOR INFLUENCES:** Erme Valley Harriers  
**MOST ENJOYABLE TRAINING:** Plymbridge Woods and Saltram  
**WORST TRAINING:** Hill Work  
**ADVISE TO YOUNGSTERS TAKING UP ATHLETICS:**  
The more you put into the sport, the more you get out of it  
**ATHLETIC AMBITIONS:** How to stop getting old  
**HOBBIES/INTEREST:** Running, cricket, watching football and nature programmes  
**TYPICAL WEEKS TRAINING (SUMMER OR WINTER):** I run every other night  
If possible (approx. 8 miles)  
**VIEWS ON ATHLETICS:** Satisfying sport, plus a good friendly atmosphere  
**ATHLETIC HERO'S:** Peter Elliott and David Bedford





**Mike always wanted to win the Handicap Series  
but it took a long while!**

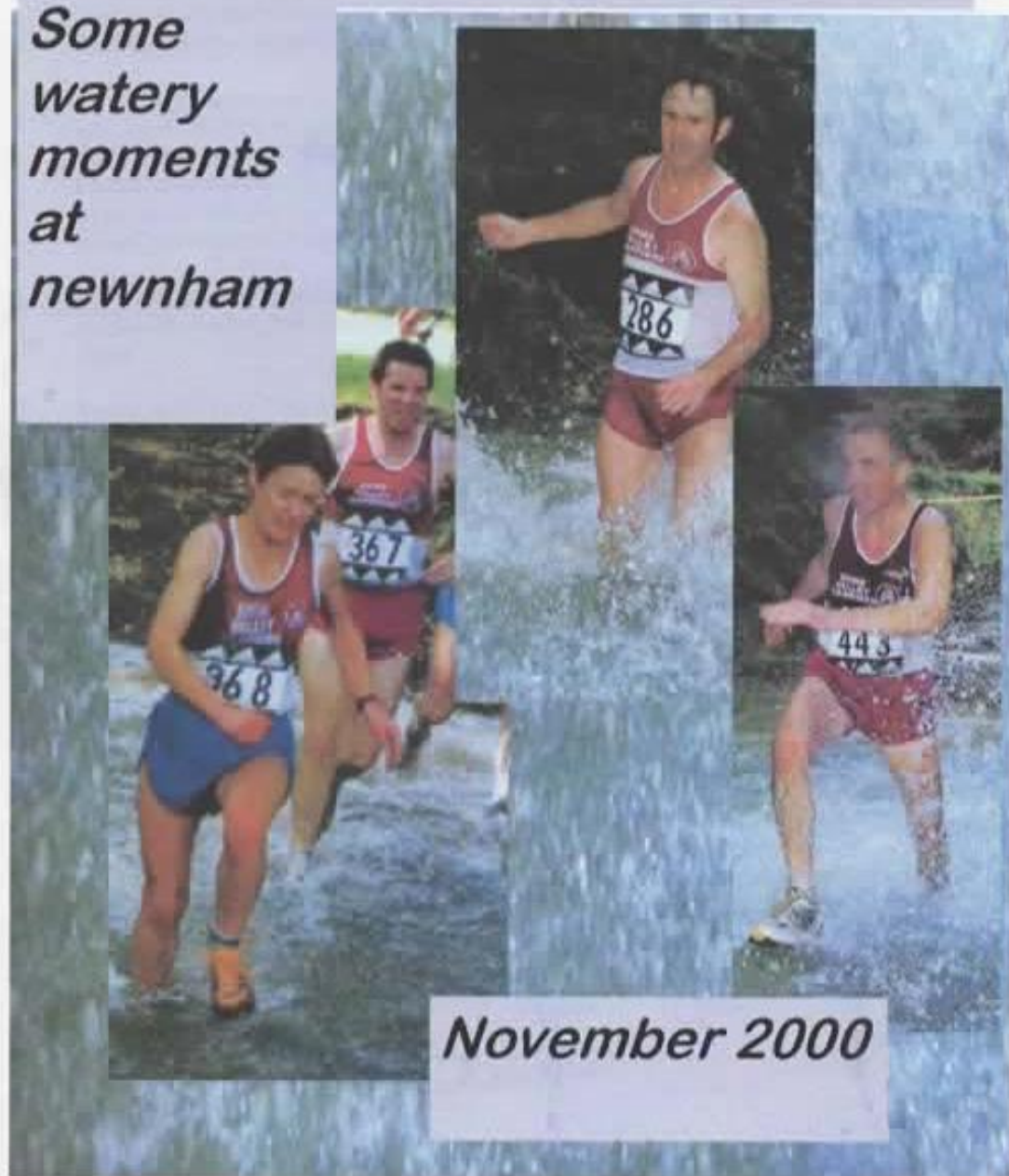
**A young Becky joins Mike near the finish of the Dartmoor Marathon**



*The*

# HARRIER

*Some  
watery  
moments  
at  
newnham*



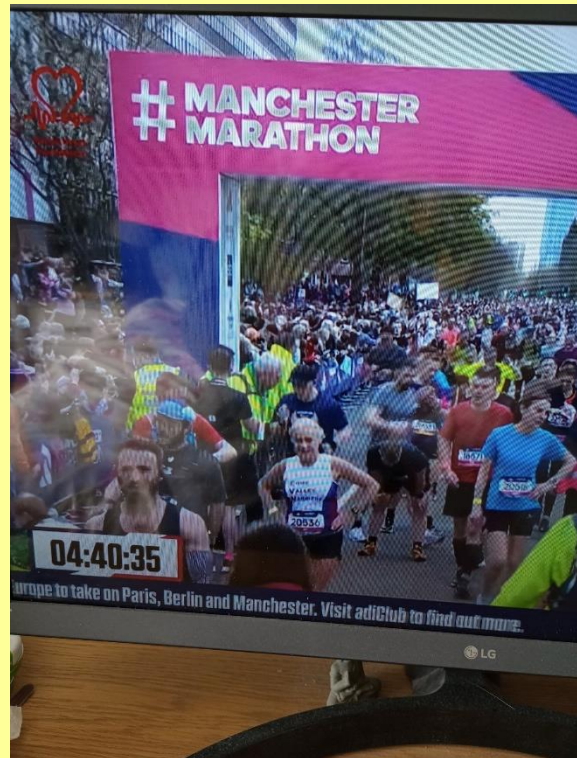
*November 2000*



## RACE NEWS

### MANCHESTER MARATHON SUNDAY – 16 APRIL

**Alison** and **Dave Engledew** made the long trip to **Manchester**. The race is now the 4<sup>th</sup> largest in Europe. **Alison** (3.57.11) and **Dave** (3.35.44) both had excellent runs. **Dave** set a new vet 60 – 64 age record. The race is set off in 'waves' so the clock time shown for **Alison** is the time she crossed the finishing line but not her actual running time.



### ARMADA SUMMER 5K SERIES SALTRAM – WEDNESDAY 19 APRIL

Results:	1	Matthew Gilvear	17.22
	18	Andy Trigg	21.26
	19	Simon Swift	21.36
	24	Russ Mogridge	23.08
	34	Ken Summers	25.31
	50	Emily Faircloth	29.39

# Gilvear and Kelly lead the way at Armada Summer 5k Series returns

*Posted on* April 20, 2023 *by* PLYMOUTH SPORTS GAZETTE



**ERME Valley Harriers' Matthew Gilvear** and Tavistock AC's Nikki Kelly led the way as the Armada Summer 5k Series finally returned on Wednesday evening. The opening run of the 2023 series at Saltram House had to be postponed a week due to Storm Noa. Teenager **Gilvear** produced a strong run to come home first in 17.22 minutes, with Plymouth Harriers' Ross Penny second in 17.35 minutes and Royston's Peter Allen third in 18.10 minutes.

Kelly was fourth overall and first woman in 18.20 minutes, with Plymstock Road Runners' veteran Graham Bale fifth in 18.39.

Plymouth Musketeers' Chloe Anderson was second woman in 21.45 minutes, with team-mate Sarah Robinson third in 23.21 minutes.

Kelly had also finished as first woman and taken second overall at the Tavy 5k on Saturday in time of 18.02 minutes.

Tavistock Run Project's Jim Cole came home first in that run in a new M40 age group record of 15.45 minutes. Tavistock AC's Grant Harvey was third overall and second man in 18.10. East Cornwall Harriers youngster Benjamin Marriott was fourth overall and third male.

Tavistock's Sam Lake was second woman and first F40 in 19.42 minutes, with East Cornwall's Hayley Marriott third woman.

Lake did have a good run at the Run Exe 5k on Tuesday evening, clocking 18.59 minute to finish as first F40.

## LONDON MARATHON SUNDAY - 23 APRIL

All our six athletes completed the course, with many fine runs.

**Simon Fitz** had a fantastic run, with **Dave Rayfield** and **Nick Bristow** also doing well.

Results:	Simon Fitz	2.46.56
	Dave Rayfield	3.07.49
	Nick Bristow	3.16.51
	Emma Lake	3.52.27
	Liz Bowden	4.04.02
	Becky Lee	4.08.53



**Becky Lee completes the London Marathon**

## TRAINING ROUTES - MAY

**Tuesday 16<sup>th</sup> – Spirit of the Moor at Wrangaton Golf Club**

**Tuesday 23<sup>rd</sup> – Speedwork @Filham Lake**

**Tuesday 30<sup>th</sup> – Harford / Cornwood (30 mins out and back)**



Meanwhile:

**Bridgett Privett** had a successful run in the **Plym Valley Trail** with a time of 2.10.39.



### Run Exe 5K - Tuesday 2 May

Results:	Holly Jones	19.33
	Barry Neal	20.03
	Kate Medicott	23.03
	Ken Summers	24.57

### Saltash Half Marathon - Sunday 7 May

**Simon Fitz** had a great run on the tough hilly course and was 5<sup>th</sup> in a time of 1.25.04. **Simon** was also 1<sup>st</sup> vet 45.

**David Lloyd** completed the distance in a time of 1.58.59.

# ATHLETICS: Tank and Dingley set new PBs in Birmingham, while Macdonald is first in May's Armada 5k

*Posted on* May 11, 2023 *by* PLYMOUTH SPORTS GAZETTE



CITY of Plymouth athletes Poppy Tank and Adam Dingley both set new personal bests at the University of Birmingham Track & Field Series meeting on Wednesday night. Great Britain cross country international Tank set a new 3,000m PB as she finished third in a stacked BMC race. She clocked 9:07.16 minutes for the seven-and-a-half lap race, which is shorter than the distances she has been running. She was only beaten by fellow GB international Megan Keith and Isle of Man Commonwealth Games runner Sarah Astin. Tank did hold off the challenge of Exeter's GB under-20 star Innes Fitzgerald.

Dingley set his PB in a competitive under-18 110m hurdles race. A number of special under-18 110m hurdles events have been put on to allow first-year under-20s and under-17 athletes to try and achieve the Commonwealth Youth Games qualifying time. Dingley clocked a legal 14.38 seconds in a final that saw three athletes separated by



just 0.07 of a second. Charlie Staddon won in 13.93, but it was a photo finish for Cheyne West, Joshua Taylor and Dingley for the other places, with the City of Plymouth athlete just missing out on the line.

Also at Birmingham, Tavistock Run Project's Oliver Smart made his first appearance of 2023 by clocking 8:20.84 in a strong men's BMC 3,000m.

Wednesday night also saw the running of May's Armada Summer 5k Series run at Saltram House.

Plymouth Musketeers' Ross Macdonald, fresh from running the Saltash Half Marathon on Sunday, was first home in 17.39 minutes.

**Erme Valley's Matthew Gilvear** took second in 18.21 minutes, with Royston's Peter Allen third in 18.41, just one second ahead of Chris Chapman, with Scott Mansfield (Plymouth Musketeers) fifth in 18.46.

Zoe Chapman was first female in 22.06 minutes, ahead of **Erme Valley's Sarah Markwick** (22.29) and Plymouth Musketeers' Leila Matthews (24.17).



Erme Valley Results:	2	Matthew Gilvear	18.21
	18	Andy Trigg	21.35
	21	Sarah Markwick	22.29
	26	David Lloyd	24.45
	30	Ken Summers	25.25



## THE GRAND NATIONAL (or marathon mania!)

The Grand National took place recently and when I checked the records, I discovered that amazingly it was some 30 years ago when a most memorable day took place in the club's marathon history.

On 18<sup>th</sup> April 1993 the club had 14 athletes competing in races at London and Rotterdam. As this was something of a special occasion it was decided to have a bit of fun by producing a 'form guide' and treating the races as if everyone was running in the Grand National.

Athletes chose names, indicated their age and weight. Below are some entries of those who took part.

### EDITOR

**NAME:** Paul Ross                      **AGE:** 43 (ish)                      **WEIGHT:** 11 stone 12 lbs.  
(too heavy)

**BEST MARATHON TIME:** 3.14.28 - London - 1989

**PREDICTED MARATHON TIME:** 3 hours 30 minutes

**CHOSEN RUNNING NAME:** Bald Eagle

**TRAINING REPORT:** Training over short courses going well. Last two races close to p.b.'s. Doubts over ability to last the distance. Have I done enough long distance training!

**FORM GUIDE:** Good solid performances on the Plymouth and Bath circuits. Ran very well on the recent Nos Mayo training run. Could run well on the day providing stamina holds up.

**NAME:** Keith Reed                      **AGE:** 36                      **WEIGHT:** 11 stone 2 lbs.

**BEST MARATHON TIME:** 2.59.48 - Torbay - 1983

**PREDICTED MARATHON TIME:** 3 hours 10 minutes

**CHOSEN RUNNING NAME:** Reed Rum

**TRAINING REPORT:** Generally I have felt fitter since mid January and with good runs in the 'National' and Hoe 10, confidence was high. Long runs have not been so good; struggled on 20 miler around Yealmpton – Mount Pleasant and had to abort 18 mile run recently. Hopefully it will be OK on the day.

**FORM GUIDE:** Able to perform well at top class events and usually gets it right on the day. Tends to be a bit quick off the mark and ends up struggling in the later stages. Likely to run well.

**NAME:** Ken Summers                      **AGE:** 42                      **WEIGHT:** 10 stone 13 lbs.  
**BEST MARATHON TIME:** 2 hours 10 minutes – a dream!!!  
(making marathon debut)  
**PREDICTED MARATHON TIME:** 3 hours 15 minutes  
**CHOSEN RUNNING NAME:** Pasty Man  
**TRAINING REPORT:** Training has gone well – problem with new shoes which you will all have heard about. P.B. at Bath – all systems go! Will finish with Rob De Castello so I will be seen on t.v. A large pasty on return to Plymouth!  
**FORM GUIDE:** In peak form. In brilliant form at Bath and looking good in training. Possibility of breaking 3 hours but it may pay to be somewhat cautious as making debut over the distance. Could well keep the crowd entertained.

**NAME:** Dave Fox                      **AGE:** 42                      **WEIGHT:** 10 stone 7 lbs.  
**BEST MARATHON TIME:** 3.12.28 - Benidorm - 27.11.88  
**PREDICTED MARATHON TIME:** 3 hours 17 minutes  
**CHOSEN RUNNING NAME:** The Flying Fox  
**TRAINING REPORT:** Was going well until a severe cold took hold and resulted in a loss of fitness and form. Gradually getting back into shape and should be alright on the day.  
**FORM GUIDE:** A known faller on the cross country circuit but as this race is on the flat should get around OK. Has raced abroad regularly and previous knowledge of the course should assist. Sometimes lacks stamina but hopes to get it right this time. Unless conditions are unfavourable should have a reasonable run.

**NAME:** Steve Watson                      **AGE:** 41                      **WEIGHT:** 10 stone 7 lbs.  
**BEST MARATHON TIME:** 2 hours 55 minutes – London 1987  
**PREDICTED MARATHON TIME:** 2 hours 54 minutes  
**CHOSEN RUNNING NAME:** Whatso  
**TRAINING REPORT:** Training is going well. Had a problem with right knee, but this has cleared up. Have just achieved fastest half marathon time for several years. Expect to do quite well on my return to the marathon scene.  
**FORM GUIDE:** The quality runner in the field. Ran very well at Bath and has looked good in training. Hasn't run the distance for sometime but nevertheless should still go well.

**and read on to find out what actually happened!!!**

<b>Results:</b>	WHATSO (Steve Watson)	2.59.36 (Rotterdam)
	REED RUM (Keith Reed)	3.09.09 (London)
	THE FLYING FOX (Dave Fox)	3.15.45 (Rotterdam)
	PASTY MAN (Ken Summers)	3.18.49 (London)
	BALD EAGLE (Paul Ross)	3.26.38 (London)

**WHATSO** Really enjoyed the race, despite a slow start, which was down to my own complacency. Hope to go back next year and get it right.

**REED RUM** I'm obviously very pleased with the time, which was my best for several years. The race basically went according to plan and after an excellent start (first mile in 6.50) a good steady pace was maintained to 20 miles (2.19). Thoughts were there then of perhaps sub 3.05 but the wind over the last 10K was strong into our faces and made it hard going. In the end I was relieved to get under 3.10. London was its usual self, but the race still has a special buzz about it and will always be the one to do.

**THE FLYING FOX** My best marathon run for 4 years suggests I got it right on the day. I expected a slow start and was a minute down on my schedule at 5K but decided not to panic and to pull the time back gradually. Went through halfway at 1.35.15 (only 15 seconds down on the schedule). Gradually started to slow down but a 'golden patch' between 30 and 40K saw me pass John James. Sub 3.15 was on the cards but the very strong wind over the last two bridges put an end to that. Particularly pleased with the run as I struggle when it's windy but was 'lifted' by the crowd.

**PASTY MAN** Good start – over the line in 1.54 minutes. Found the course very congested – even past Tower Bridge. The only clear running part of the race was the Isle of Dogs. Great crowd support – especially the ethnic section. Hurt my shoulder playing 'give me five' with one boy. Will definitely be entering next year.

**BALD EAGLE** Poor start – 1.45 through the start. 9 plus minutes for the first mile. Settled into steady pace and through halfway in approx. 1.37. Felt warm so discarded t-shirt, then had a toilet stop at 14 miles. Continued at a steady pace to approx. 18 miles then felt myself beginning to slow but kept going despite the strong winds, particularly in the Docklands area and around Canary Wharf. Run became a shuffle by the Mall, but managed to summon up energies for run in up Birdcage Walk and the Plymouth spectators gathered some 400 metres from the finish. Ran back for 12 miles to try and find discarded t-shirt but to no avail!

**and this is what happened to the remaining 9 Harriers:**



**THE CAT**

(Alan Catto)

3.08.53 – Rotterdam (predicted time sub 3 hours)

**VICTOR MERIDEW**

(John Barnfield)

3.19.51 – London (predicted time 3 hours 15 minutes)

**WRINKLY ROAD RUNNER**

(Les Mapstone)

3.20.38 – Rotterdam (predicted time 3 hours 30 minutes)

**RUNNING MAN**

(John James)

3.23.40 – Rotterdam (predicted time around 3 hours)

**THE CHIN**

(Roger Gulley)

3.29.35 – Rotterdam (predicted time 3 hours 25 minutes)

**POINTER**

(Dave Hawke)

3.31.42 – Rotterdam (predicated time 3 hours 20 mins.)

**FAST FREDDIE**

(Fred Hawkes)

3.34.40 – London (predicted time 3 hours 25 minutes)

**ALSO RAN**

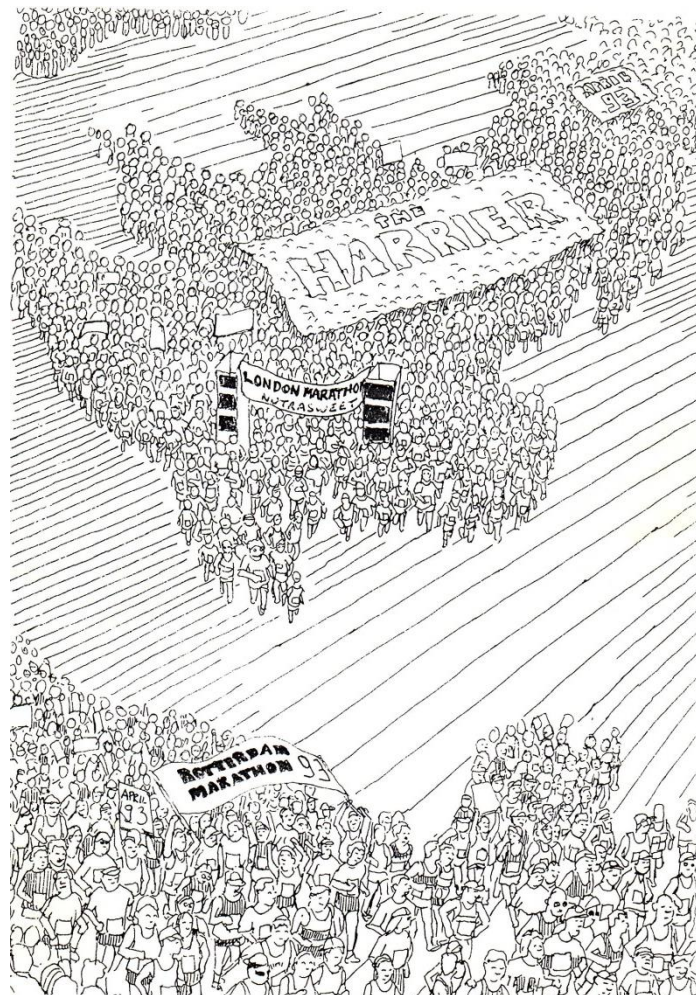
(Dave Brett)

4.10.09 – Rotterdam (predicated time 3 hours 35 mins.)

**CHADDLEWOOD CHASER**

(Tony Moon)

4.17.? – London (predicted time 3 hours 40 minutes)



(The Harrier cover of April 1993 designed by Allister Bristow)

## VET MENS ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
40 – 44	<b>N Holmes</b> 33.11 Clevedon 05	<b>N Holmes</b> 55.14 Teignbridge 05	<b>N Holmes</b> 1.12.55 Plymouth 05	<b>A Ryder</b> 2.48.39 New Abbot 08
45 – 49	<b>N Holmes &amp; A Ryder</b> 34.56 Clevedon 12 & Plymouth 12	<b>A Ryder</b> 57.00 Teignbridge 09	<b>S Fitze</b> 1.16.18 Exeter 21	<b>A Ryder</b> 2.39.58 Taunton 09
50 – 54	<b>M Hansen</b> 36.22 Bideford 09	<b>M Hansen</b> 58.49 Plymouth 09	<b>M Hansen</b> 1.19.14 Taunton 09	<b>A Trigg</b> 2.53.16 Abingdon 12
55 – 59	<b>M Hansen</b> 37.44 Clevedon 14	<b>M Hansen</b> 64.07 Bideford 14	<b>A Trigg</b> 1.24.07 Bridgwater 17	<b>A Trigg</b> 3.03.20 Chester 18
60 – 64	<b>A Trigg</b> 42.16 Exeter 2023	<b>D Engledew</b> 70.24 Bideford 19	<b>D Engledew</b> 1.31.47 Helsby 20	<b>D Engledew</b> 3.35.44 Manc 23
65 – 69	<b>S Watson</b> 49.30 Frome 16	<b>K Summers</b> 77.50 Bideford 19	<b>K Summers</b> 1.38.56 Bridgwater 17	<b>K Summers</b> 4.03.38 Taunton 18
70 – 74	<b>R Brindle</b> 51.44 Berkeley 15		<b>K Summers</b> 1.46.03 Kew 23	
75 – 79	<b>E Perks</b> 66.15 Plympton 99	<b>E Perks</b> 103.51 Guy Fawkes 98	<b>E Perks</b> 2.27.15 Plymouth 98	<b>E Perks</b> 5.56.55 London 00
80 – 84	<b>E Perks</b> 70.50 Ivybridge 03	<b>E Perks</b> 127.02 Plymouth 03	<b>E Perks</b> 2.47.07 Plymouth 03	
85 – 89	<b>E Perks</b> 80.19 Ivybridge 07		<b>E Perks</b> 3.10.48 Plymouth 07	

## VET LADIES ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
35 – 39	<b>A Thorn</b> 38.21 Exeter 13	<b>A Thorn</b> 63.41 Plymouth 13	<b>A McEwing</b> 1.19.00 Farnborough 23	<b>E Lake</b> 3.09.12 London 13
40 – 44	<b>A Thorn</b> 37.47 Exeter 16	<b>J Swift</b> 62.02 Bideford 12	<b>J Swift</b> 1.22.15 Cardiff 12	<b>C Perry</b> 2.58.53 London 17
45 – 49	<b>A Thorn</b> 37.14 Glastonbury 22	<b>A Thorn</b> 63.45 Granite 21	<b>A Thorn</b> 1.20.34 Farnborough 23	<b>A Thorn</b> 2.50.58 Chester 22
50 – 54	<b>C Perry</b> 39.58 Newquay 23	<b>S Urro</b> 68.18 Portland 01	<b>S Urro</b> 1.30.12 Bideford 01	<b>J Edwards</b> 3.27.55 Dublin 2016
55 – 59	<b>A Engledew</b> 46.41 Ivybridge 18	<b>A Handforth</b> 78.23 Plymouth 08	<b>A Engledew</b> 1.40.12 Taunton 18	<b>A Engledew</b> 4.07.14 London 18
60 – 64	<b>A Engledew</b> 46.16 Telford 19	<b>A Engledew</b> 79.36 Bideford 19	<b>A Engledew</b> 1.43.06 Helsby 20	<b>A Engledew</b> 3.52.33 London 19
65 – 69	<b>M McKay</b> 53.37 Newquay 12	<b>M McKay</b> 88.56 Bideford 12		

## Summer Handicap Round 1 - May 2023

Position	Runner	Clock Time	Handicap	Time	Points
1	Heidi Stanley	43:57	0	43:57	50
2	Kevin Paull	49:07	11:00	38:07	49
3	Oli Mitchell	49:17	13:00	36:17	48
4	Matt Gilvear^	49:37	23:00	26:37	47
5	Andy Bartlett	50:05	08:00	42:05	46
6	Dave Rayfield	50:33	21:00	29:33	45
7	Charlie Milward	50:39	22:00	28:39	44
8	Sophia Tolfree	50:58	09:00	41:58	43
9	Carol Hansen	51:10	08:00	43:10	42
10	Andy Mitchell	51:28	14:30	36:58	41
11	Kate Medicott	51:36	14:00	37:36	40
12	Chris Prall	51:39	22:00	29:39	39
13	Dave Engledew	51:43	18:30	33:13	38
14	Susan Leedham	52:54	16:00	36:54	37
15	Lindsay Lane	53:10	10:00	43:10	36
16	Emma Lake	53:42	18:30	35:12	35
17	Richard Lane	54:20	14:00	40:20	34
18	Bob Jeffery	54:50	11:30	43:20	33
19	Ruth Terry	54:57	09:00	45:57	32
20	Neil Moffatt	55:21	14:00	41:21	31
21	Lynne Whitfield*	56:46	03:30	53:16	30
22	Alison Engledew	57:16	14:00	43:16	29
22	Francesca Walker	57:16	14:00	43:16	29

\* took wrong course

^ Fastest known time on current summer handicap route





**Charlie Milward and Becky Lee ran in the Plymouth 10K whilst all the other photographs are in the Plymouth Half Marathon**







## PLYMOUTH HALF MARATHON



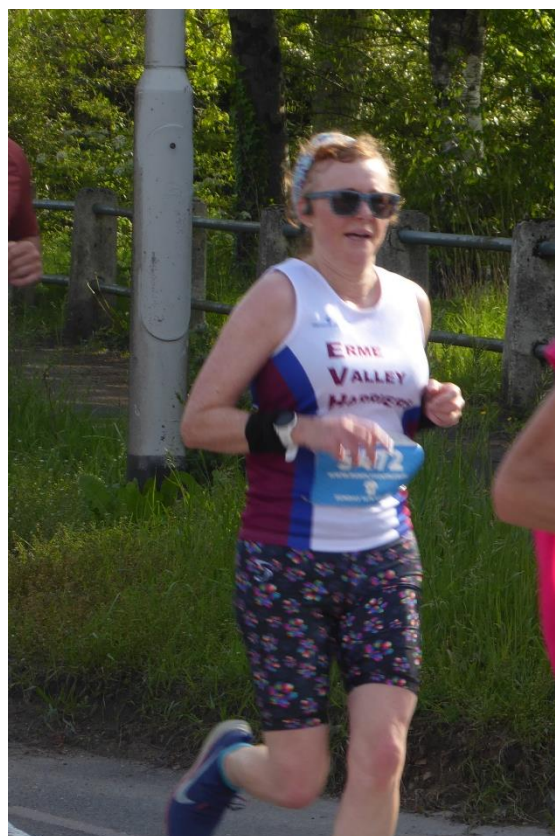




## PLYMOUTH HALF MARATHON







**PLYMOUTH HALF MARATHON**







## PLYMOUTH HALF MARATHON



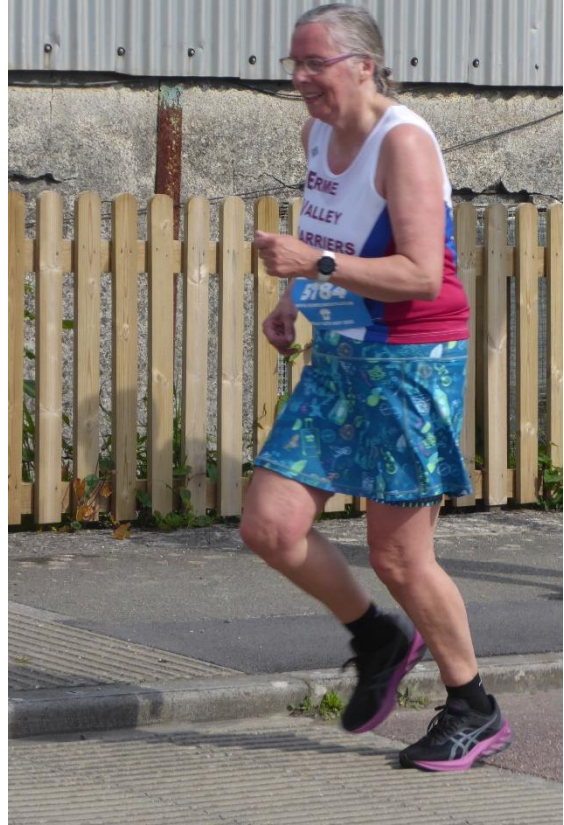




## PLYMOUTH HALF MARATHON







**PLYMOUTH HALF MARATHON**

